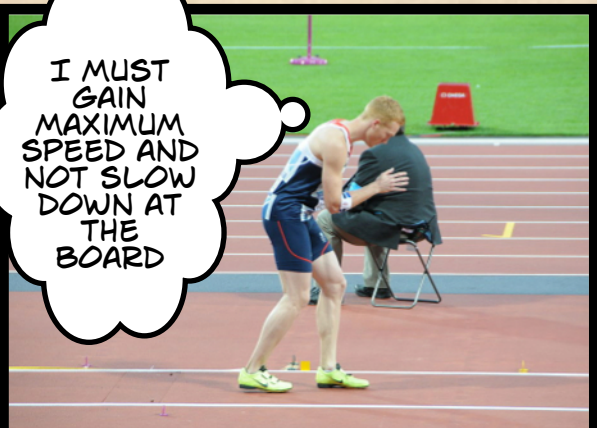


LONG JUMP

I MUST GAIN MAXIMUM SPEED AND NOT SLOW DOWN AT THE BOARD



RUN UP SHOULD HAVE RHYTHM AND BE RELAXED



PUMP ARMS AND LEGS. TAKE OFF LEADING LEG UPWARDS



FORCE BODY FORWARDS. CIRCLE ARMS ABOVE HEAD. PUSH HIPS THROUGH

KS3 BOYS STANDARDS
GOLD 4.40M
SILVER 3.80M
BRONZE 2.90M

KS3 GIRLS STANDARDS
GOLD 4.00M
SILVER 3.30M
BRONZE 2.50M



WORLD RECORD 8.95M



EXTEND BOTH LEGS AND ARMS TO GAIN DISTANCE

THRUST BOTH LEGS OUT WARDS AND FORWARDS



NEVER FALL/ STEP BACKWARDS

ON LANDING BEND KNEES AND MOVE BODY FORWARDS